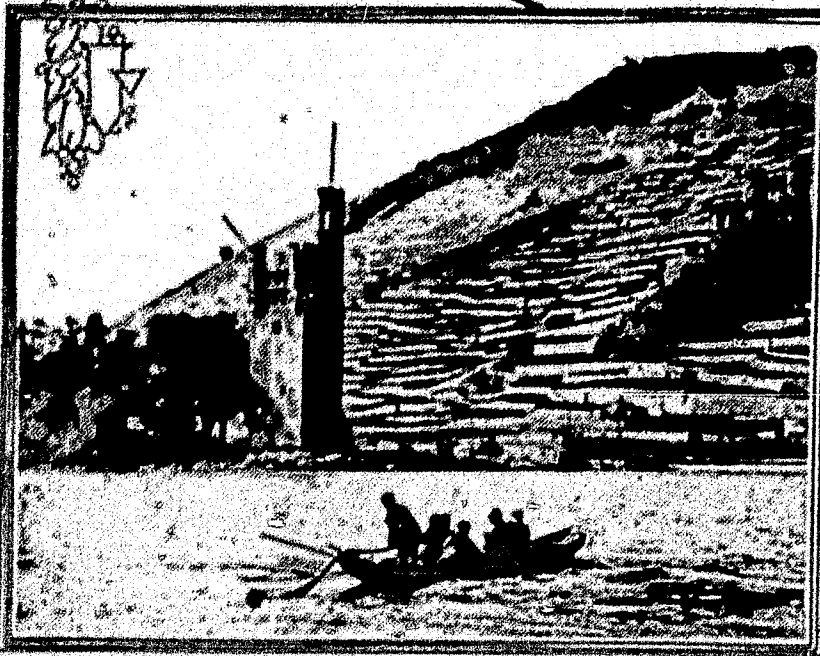


UP THE RHINE



Terraced Vineyards and Old Castles.

Prepared by the National Geographic Society, Washington, D. C.

TRAVELING up the Rhine on a canal boat is a somewhat comfortable way of traversing that German valley, but it affords a matchless shifting viewpoint for an enjoyment of the stream's justly famous scenery. After passing through the flat Dutch landscape one enters Germany near Bismarck and promptly begins to stumble on the German legends that cluster thickly on both banks of the Rhine. Nearly to Lothar's monument in commemoration of the traditional service of Elia by the knight. At a little distance, at Xanten, is the reputed birthplace of Siegfried, hero of the "Nibelungenlied."

Glancing further upstream one soon realizes that he is approaching the Ruhr district by the endless procession of barges, backed high with coal. The most spectacular time to pass the Ruhr is at night. The light of the up-leaping flames from its blast furnaces from time to time momentarily throws into relief that vast labyrinth of wharves, stacks, mills, railway tracks, and pit heads, where labor more than 2,000,000 men.

Overcasten, Essen, Hildesheim, Dusseldorf, Dortmund—these industrial centers follow so closely upon each other as to produce an unusual effect. The last three compose, in fact, one community, whose combined water fronts form what is probably the largest river harbor in the world.

The Ruhr district produces per year about 4,000,000 tons of pig iron and from 4,000,000 to 5,000,000 tons of steel. In 1924 the average monthly yield of coal was 4,000,000 metric tons. The five big groups of iron and steel manufacturers employ 1,000,000 men, while the coal workers number about 250,000.

The earliest compilers of the "Nibelungenlied" who followed the Rhine downward as allies with metal-working gnomes, would indeed not have been surprised to find how completely mine works on the Ruhr have dwarfed their poetic imagination.

Cologne and its Minister. Quite a different spectacle greets one farther down, where Cologne's great cathedral rises tower over the Rhine. It is one of the most beautiful and most important of the world's great cathedrals.

Weather by reason of the superb position of the surrounding landscape. Cologne's history is a story of the city at every conceivable time comes to regard it as some strange little town, and the town as some strange little town, and the town as some strange little town.

History from the earliest times to the present day. The city of Cologne is a story of the city at every conceivable time comes to regard it as some strange little town, and the town as some strange little town.

For whatever reason one may take, whether through the fastidious clinging of the Rhine or down through the low hanging clouds of the Rhine, the city of Cologne is a story of the city at every conceivable time comes to regard it as some strange little town, and the town as some strange little town.

It is as if the cathedral's tower were made to bridge a dark world down into the light of the Rhine, and the Rhine were made to bridge a dark world down into the light of the cathedral.

At the end of the cathedral's tower, the Rhine is a story of the city at every conceivable time comes to regard it as some strange little town, and the town as some strange little town.

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THE KITCHEN CABINET

(The 1925 Western Newspaper Union.)

It is not so much from any superior genius that one man possesses over another, but more from attention to study, and perseverance in the objects before them that some men rise to greater eminence than others.—John Dalton.

DIET FOR THE AGED

Diet for the aged is much neglected. To live long and to remain well and active is the object of every normal man or woman. As old age comes on, nature loses the inclination for exercise, but unfortunately she does not lose



her appetite in the same ratio. Our eating should adapt itself to our activities, and thus, by abstemious living, we will do away with many of the diseases subject to old age. From twenty to forty the vital organs are young and respond to their demands without apparent difficulty, but at sixty the stomach and liver are beginning to resent overwork—the exercise, life in the open air, and the work of earlier years are missed, and the body feels the strain.

Walking and swimming are the best exercises, keeping the organs in fine working order. Walking will soon become a lost art, with the automobile at the door to save every step. Golfing is helping to keep active many who would otherwise take no exercise, but the proportion of golfers is still very small.

The result of overeating and under-exercising develops fat, superfluous material which clogs the system and chokes the vital organs. This clogging tends to auto-intoxication or self-poisoning which causes rheumatism, gout, neuritis, hardening of the arteries and various other troubles. Tissue-building foods should be partaken of sparingly, as their need is past, though they are needed in the diet to add variety.

Meat should be eaten very sparingly, not often than once a day. The aged who are overweight should avoid fats, eating sparingly of root vegetables and scarcely any sweets.

A good diet for seventy and seventy-five should be made up of fruit, vegetables (mostly green), some fish, eggs, and very little meat, with simple cereals.

The more an aged person exercises, the more food he may eat and assimilate. When one has reached the age of sixty with no disease shadowing him, he should by right living show his gratitude, by refusing to become indolent and thus invite disaster.

Two quarts of water or more should be taken each day between meals. Water is one of the essentials to good health. It is needed to soften the food, so that the digestive juices may act upon it and thus nourish the tissues, and fully as important. Drink the system. Too little water is drunk by the great majority of adults.

Fried food is always a welcome breakfast dish served with butter and maple syrup.

Ten and coffee in moderate strength and reasonable amount are not injurious to those who have formed a taste for them.

Fresh Vegetables. It is surprising how soon one will be satisfied with meat but one a week, after trying to serve vegetables and other foods to take its place.

Too much meat is unquestionably bad for the health, but a little occasionally is better than a restricted diet of vegetables unless under the doctor's orders.

Cabbage is such a wholesome vegetable and one may serve it in a way that it is sufficiently palatable for a main dish.

Take a small head of cabbage and drop it into boiling water. Slightly salted in cook until tender. Drain and place on a hot chop plate. Prepare a rich white sauce, adding just at the last a couple of finely chopped rich cream. Stir until well blended in the sauce then pour over the cabbage which has been cut into pre-shaped pieces.

Another nice way to serve cabbage is with milk. Cook until tender, dress with butter after being well drained and add enough rich milk and a few crackers well crumbled. Stir until well seasoned and serve hot. This is called "cabbage" cabbage.

Stewed Lettuce—Take the lettuce, get rid and slightly tough, cut it in a little water, covered, dress with butter, salt and pepper and serve it with shiraz or greens.

Peas are very palatable cooked and served with a cream butter sauce, adding a little onion juice for flavor.

The tomato is delicious sliced when very ripe and served with cream and a touch of pepper. Sliced rather thick and fried they are liked by many, serve as a garnish to a plate of meat.

Omelet With Cheese Sauce—Cook omelet with tender, then place them in a baking dish with a layer of rich white sauce and a layer of good cheese, bake covered with buttered cracker and serve hot.

Neelie Maxwell

TOPCOATS FOR SCHOOLGIRLS; SCHOOL FROCKS OF JERSEY

IN THE realm of junior fashions, it contains tell a very different story from frocks for the coming months. In accordance with latest dictates, the young girls wear are quite conservative and sedate in appearance, while dresses are quite ruffled up with all sorts of crafty handwork and gay trimmings.

If the little girl in the picture would let us catch a glimpse of the frock she is wearing, it would, very likely, be much be-trimmed and elaborated with ways and byways of business life.



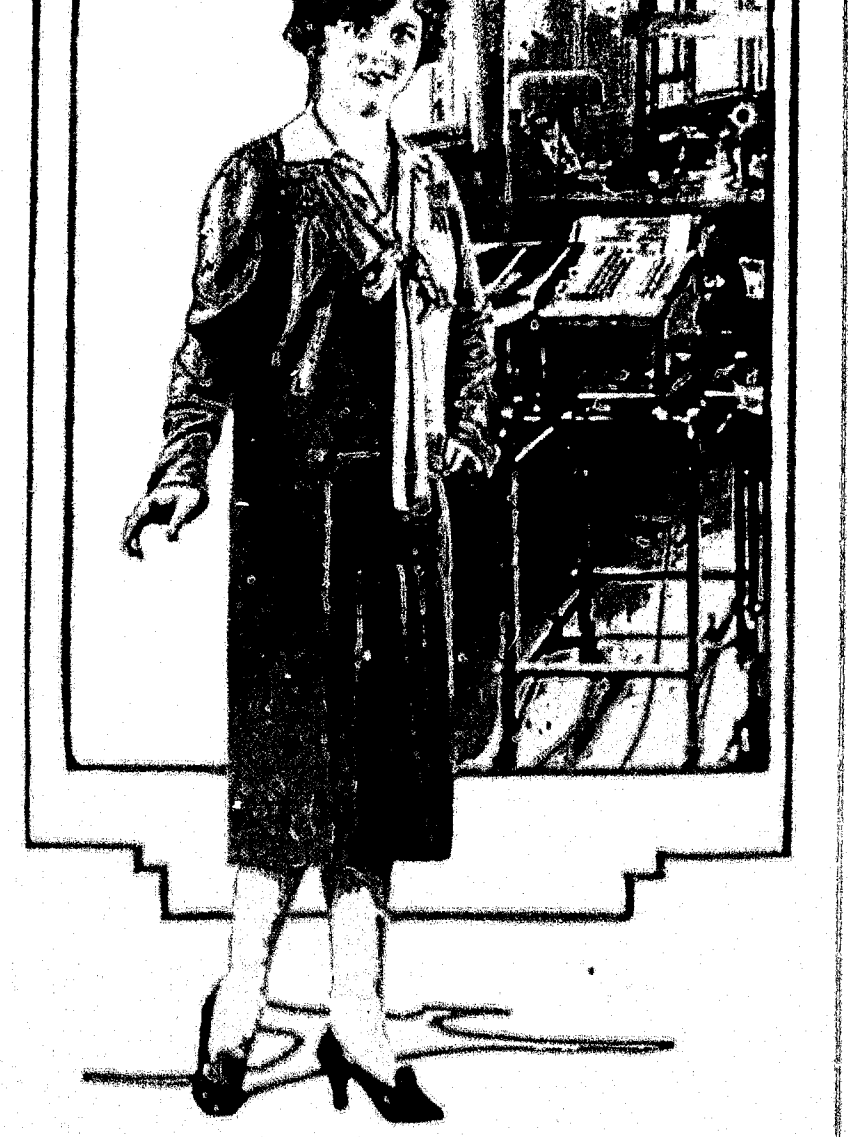
A Natty Topcoat for School.

unning detail, perhaps have a clever narrow belt with a cunning buckle to everything—but mark the simplicity and styling of the coat. Of the superior quality kind is this coat. The material is of the best, being a hand-some bolivia cloth. It may be navy, wine, French blue, brown or jungle green, for each is fashionable for fall and winter. One outstanding feature is the bare hemline, achieved by pockets inset in a tailored way. Other interesting style highlights are its fur collar, broad turkish cuffs and single button fastening.

It is a noteworthy fact that the new schoolcloaks are unusually good-looking

practical worsted frocks are made of every degree, especially channel neck and the deep wine tones. Equally fascinating are the new greens, placing emphasis on jungle green, and as to blues, navy complements with truly lovely French blues, also royal. Cinch color jersey is as smart as smart can be, but no more so than are the handsome naturist colors which are now so much in evidence. Which all goes to prove that there will be no lack of color when it comes to dresses planned for practical everyday wear.

One of the endearing qualities of wool jersey is that in its suppleness



School Frocks Shows Artful Shirting.

and of finest texture. Favored weaves, dress, first and foremost, chinchilla cloth, exploding maroon color, French blue, navy, various reds and many shades of green, notably jungle green. There are also included trends of every variety.

Very interesting things of such-finished fabrics complement coats of chinchilla. Thus warmth and attractiveness is combined in the school girl's coat. One does not have to draw on imagination to sense the charm of a navy blue chinchilla lined with red. Splashes of color will brighten school rooms and campuses throughout the coming months, also the high-

it yields most gracefully to any handling. Just now everything that can be is being altered. As to wool jersey it puts forth its best appearance under this treatment. For proof of the entirely satisfactory adaptability to the shirting process, study the picture of a typical autumn 1924 school girl frock. See how the necessary skirt fullness is massed so cleverly to the front by means of such shirting. Then, too, see the shirred effect across the front shoulder seams. This model is developed in wine color with a beige crepe collar and tie.

JULIA HOTTOMLEY, 611 11th Western Newspaper Union.

SOCIETY DIRECTORY

A cordial invitation is extended to strangers who belong to any of these organizations to visit meetings when in town.

BETHEL LODGE, No. 97, F. & A. M., meets in Masonic Hall the second Thursday evening of every month. W. J. Mackay, W. M.; Fred B. Merrill, Secretary.

PURITY CHAPTER, No. 102, O. E. S., meets in Masonic Hall the first Wednesday evening of each month. Mrs. Grace Philbrook, W. M.; Mrs. Emma Van Den Kerckhoven, Sec.

MT. ABRAHAM LODGE, No. 31, I. O. O. F., meets in their hall every Friday evening. A. S. Shiver, N. G.; D. M. Forbes, Secretary.

SUNSET REBEKAH LODGE, No. 64, I. O. O. F., meets in Odd Fellows Hall the first and third Monday evenings of each month. Mrs. Alice L. Telhale, N. G.; Miss Olive Austin, Secretary.

SUDBURY LODGE, No. 22, K. of P., meets in Grange Hall the second and third Tuesday of each month. H. C. Rowe, G. G.; N. C. Machia, K. of R. and S.

NACCOMI TEMPLE, No. 65, PYTHIAN SISTERS, meets the second and fourth Wednesday evening of each month at Grange Hall. Mrs. Mildred Lowell, M. E. C.; Mrs. Harriet Sanborn, M. of R. and G.

BROWN POST, No. 84, G. A. R., meets at Odd Fellows Hall the second and fourth Thursday of each month. A. H. Hutchinson, Commander; I. C. Jordan, Adjutant; L. S. Bartlett, Q. M.

BROWN, W. R. C. No. 36, meets in Odd Fellows Hall the second and fourth Thursday evenings of each month. Mrs. Lottie Inman, President; Mrs. Lillie Burbank, Secretary.

GEORGE A. MUNDT POST, No. 81, AMERICAN LEGION, meets the second and fourth Tuesday of each month in its rooms. J. M. Harrington, Commander; Lloyd Luxton, Adjutant.

COL. C. S. EDWARDS CAMP, No. 72, S. O. F. V., meets first and third Thursday of each month in the Legion rooms. Perry Lapham, Commander; Carl L. Brown, Secretary.

BETHEL GRANGE, No. 56, P. of H., meets in their hall the first and third Thursday evenings of each month. Zona Merrill, M.; Eva W. Hastings, Secretary.

Parent-Teachers Association, Meeting 2nd Monday of each month at Grammar School during school year. Pres., Miss Gwendolyn Gidwin; Secretary, Mrs. Eugene Vandenkereken.

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"In," squeaked Peter, as muscles forced the rudder to neutralize the drive on and sent; and foot by foot James made her southerly.

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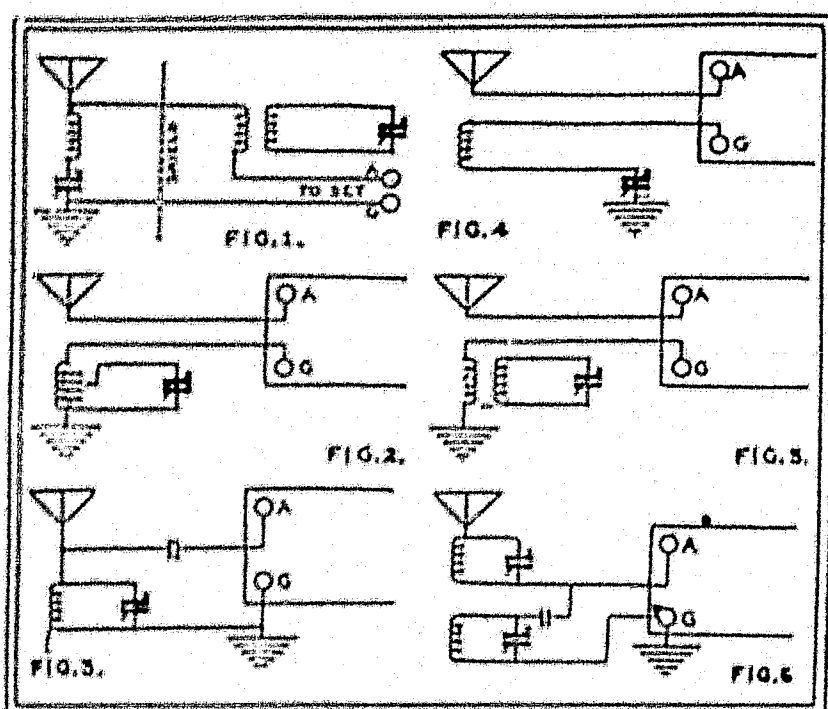
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total loss are preventable.

RADIO



Wave Traps That Will Be of Interest to Fans.

Many radio fans complain of their sets lacking selectivity. The sets have too much power in separate stations and their operators are at a loss to know what to do. A wave trap is the only solution if one does not want to pollute the air again. So here is some data that will be of interest to fans involved in this respect.

Wave traps and blocking devices are becoming more and more essential to operators of some two selective circuits where only one station can be heard. They are especially useful in cases where the station is very strong and the other is very weak.

The better designed receivers are not affected by a great many of the wave traps in the days before the war. They were on the air as well as many of the two selective circuits of the war. They are not affected by the wave traps in the days before the war.

Here is a commercial trap and others just as effective that can be constructed very easily by the listener who has a set for one or two stations. The wave traps are of the type that are used in the days before the war.

Series and Shunt Traps. The simplest form of trap which is effective is the series trap. It is a series of two inductors in series with the antenna.

The second is that given in Fig. 1 and consists of two inductors in series with the antenna. It is a series of two inductors in series with the antenna.

The third is a shunt trap. It is a shunt of two inductors in shunt with the antenna. It is a shunt of two inductors in shunt with the antenna.

Consistent in Series. The wave trap is a series of two inductors in series with the antenna. It is a series of two inductors in series with the antenna.

Fig. 3 is a shunt trap. It is a shunt of two inductors in shunt with the antenna. It is a shunt of two inductors in shunt with the antenna.

Fig. 4 is a shunt trap. It is a shunt of two inductors in shunt with the antenna. It is a shunt of two inductors in shunt with the antenna.

denor should be connected with a maximum capacity not exceeding .0002 mfd.

Fig. 5 shows an absorption trap that can be made by winding on a tube 24 inches in diameter, 65 turns of No. 24 wire, copper wire insulated with a .0002 or a .0025 mfd variable condenser.

Fig. 6 is a combination of the shunt and series traps, the specifications of which are given in Figs. 2 and 3.

In all cases the traps specified are for sets working on regular overhead inverted L or T type antennas and ground connections. It may be found that a single trap of any of the types given will give the desired results, but a combination of two traps will be found essential where the interference is very strong.

Radio Set Must Not Be Roughly Handled

Although a receiving set is constructed with the greatest care and strongest materials obtainable, it will not withstand hard usage. Many operators will twist the dial, poke into the works and jab in the phone or loud speaker plugs with unthinking violence, and then wonder why their set does not remain perfect forever. A radio set will stand up under a great deal of abuse, but eventually, if continuously subjected to harsh treatment, something will give way, or loosen, and effectiveness will be reduced. The delicate wiring, adjustments and connections must be regarded with the same care that a person would exercise toward the timing gear, carburetor adjustment or valves of a car. The best engine in the world will go bad under abusive usage—and so will the best radio set.

Care in Handling Wires When Assembling Set

When assembling a receiving set, wires which connect to the plate of the tube should be kept away from all other wires. Wires connecting with the grid should be kept away from the front of the panel and from points that connect with the ground, otherwise when the hand approaches dial a sparking effect will be introduced that will cause trouble. Wires should run at right angles wherever possible and especially the plate and grid wires. If it is necessary for them to cross each other, hand wires should be used because flexible wire is likely to sag or swing a little if the set is jostled and sparking will be introduced. The wire does not have to be covered with tape. All plate must be kept clean, dry and soldered.

Have Iron Well Cleaned to Do Neat Soldering

A requisite to neat soldering is to first have the iron thoroughly cleaned, making sure that the connections to be soldered are also clean. Rub these slightly with a file or sandpaper to remove the surface. The next step is to heat the iron. When the iron is hot, plunge into flux and apply solder to the tip and afterwards rub with a damp cloth. When ready to solder, apply the flux very sparingly. Four connections are called by the use of extensive quantities. When using solder having a flux core, it is unnecessary to apply any flux to achieve the desired result.

Things Worth Knowing About the Condenser

A condenser in a receiving set is designed to have a large capacity to a small amount of resistance. The condenser is a device which is used to store electrical energy. It is a device which is used to store electrical energy. It is a device which is used to store electrical energy.

ONE THRILL OF WAR

By MARY LYLE WARNER

(Copyright by W. G. Chapman)

IN THE most critical situation of her young life, Alma White gazed longingly at the engagement ring upon her finger and wondered if she would ever see its giver again.

"Where is he, and what is to become of me?" was the constant burden of her thoughts.

A knight errant brave and true, Adrian Bond would have been speedily coming to the rescue of his lady love in distress, but that grim-vlaaged war had presented its ugly menace and rude clamors shook the common wealth.

Her father and mother were at Paris. There, too, were the Bonds, making the European trip with their closest friends. It was a strange circumstance that had taken Alma away from them.

It appeared that a half brother of Mrs. White lived in a little town in Belgium, near the German border. He had invited the family to pay him a visit, but their plans would not admit it.

Then she expressed a wish to see Alma, who had been named after his dead wife. He was fervent in his appeal and half-minded to give up his business and return to America, he said.

The result was that Alma took a quick trip from Paris and found herself an honored guest in the splendid but lonely home of her half brother.

Zephire Ducre was a diamond merchant, conducting his business by traveling from country to country. Alma was enchanted with the kindly way in which he treated her.

She had remained with her relative only three days, but Mr. Ducre made up his mind to close up his business, and accompany her to Paris and return with the family to America and take up a permanent residence there.

Directly upon the heels of this came a declaration of war. Mr. Ducre hastened his preparations to get out of the country. He urged Alma to remain behind, for the community surrounding them was in a wild state of excitement.

The evening before the day set for their departure Mr. Ducre discharged all the servants. Just about dusk he came hurrying into the house in a great state of excitement.

"Why, what is the matter?" questioned Alma anxiously, as she noted his restless face and trembling frame.

"Listen, my dear," said Mr. Ducre hurriedly. "You must leave here at once if a certain thing happens, and it may happen quickly. The war spirit is abroad. They are suspicious of me because of my business connections with other countries. I was just secretly advised that I am listed as one of the proscribed."

"Oh, uncle, they will do you no harm, surely!" "They will hamper, perhaps arrest me. I was all ready to leave here in the morning. I fear they will not allow me to do so."

"But why not?" "Well, and in some cases corrupt persons will try to prevent me from taking my fortune out of the country. See, Alma," and he drew a little chain of gold from a secret pocket. "The diamonds in this represent the bulk of my fortune. Take it, secretly. If I am arrested by at once and take it with me, but straight for Paris."

able that he knew of the rich treasures she carried? Just at daybreak the train was halted at a little town in the mountains. A body of soldiers ordered all to alight. Boyard was carrying the little satchel belonging to Alma. Suddenly he disappeared. He did not return. Then Alma was persuaded that he had made away with it, believing its contents valuable. Her passport was gone. She was ordered to remain in the country.

What a fate for the delicate young girl, when that evening, distraught, footsore, affrighted, she neared the light of a lonely hut in the mountains. She dared not remain in the town where the prejudice against an alien would pursue her. She feared being imprisoned, searched, and the jewels taken from her, so she had wandered away from human habitations, blindly hoping some chance might put her across the border.

Once she believed she was pursued, and in the distance fancied she noted the lurking Boyard. Now, hungry, athirst, exhausted, she hastened toward the light. As she neared it a cry of acute pain came from the hut. A wild figure of a man dashed by her. The cry from the hut was repeated. Alma entered to find a peasant woman lying in bed in a spasm of pain.

Then she aroused to minister to the sufferer. It was her keen womanly sympathy that helped her successfully. The man, who had hastened for a neighbor and found no one at home, came back frantic. When he learned, however, of the timely aid of Alma he overwhelmed her with his sincere gratitude.

That night there was a dread alarm at the lonely hut. Half a dozen armed men appeared outside and demanded that Alma be handed over to them as a prisoner. When Alma recognized Boyard as their leader she knew that he was after the diamonds.

She had learned during the evening that her host was a smuggler of furs over the border of France, yet in her dire extremity Alma felt that she must trust in him. She told him her story while the group outside were clamoring vociferously for admission. The smuggler's eyes brightened.

"Ah," he said, "you wish to save your jewels from that horde? Then I can help you and show my gratitude for your kindness to my wife. Tell me the Paris address of your friends. The diamonds shall be there within two days."

And then the speaker whistled for a keen-eyed little dog Alma had noticed about the place. He secured the chains long about its neck, unrolled a few lines, and inclosed the sacred inside of a padded coat he fitted to the dog, and, going to the window, opened it, dropped the intelligent animal in the dewy grass and away it sped.

Boyard soon learned that he had been baffled. Three days later the smuggler managed to get Alma across the border. There was a great rejoicing when Mr. Ducre arrived to find the news. I was just secretly advised that I am listed as one of the proscribed.

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Attributes Long Life to Closed Windows

"No fresh air" is the lifelong policy of Connecticut's oldest woman, who is mentally bright at one hundred and eight. Although confined to bed, Mrs. Sarah Rosworth Bradley ate a hearty birthday dinner of pork chops, fried potatoes, and mince pie, the latter served piping hot in good New England fashion. She is probably the most venerable longevity to having lived with a little fresh air as possible. Aaron Bowen, village storekeeper, whose wife is one of Mrs. Bradley's two living daughters, has the greatest respect for her no-fresh-air policy. "If mother'd ever had a window open she'd have caught cold and died 50 or 60 years ago," he declares. "Course, I'm only seventy-five, but I never had a window open at night in my life. And I calculate to live to be a hundred or more myself, as long as I keep the windows shut, anyhow."

To the Point

"Censorship, or rather too much censorship," declared Ted Browning, famous director of crook and Oriental pictures, "is sapping the films of their vividness and vitality. Too many pictures today, owing to unintelligent censorship, are about as effective as the top sergeant from college who said to his men who were moving about in rank: 'Gentlemen! You are supposed to be at attention!'"



The Tea Party

Let the children have a tea party, and serve Monarch Cocoa and Monarch "Teenie Weenie Peanut Butter" sandwiches to their little friends. They will like this delicious, satisfying luncheon, and it is easy to prepare.

MONARCH Quality for 70 Years

Never Sold Through Chain Stores
REID, MURDOCH & CO.
Chicago • Boston • Pittsburgh • New York

Particular

Grocer—Why did Mrs. Youngbridge return those potatoes?
Clerk—She said she didn't fancy the color of their eyes.

Wild Animal Yard

A yard where lions, tigers and other animals and serpents are bought and sold is a feature of the East end of London.

Barnum Left Record of Sermon Preached

P. T. Barnum, the circus king, once preached a sermon. On a Sunday morning in the late summer of 1836, the great showman appeared before the congregation of the Rocky Mount Primitive Baptist church located at the falls of the Tar river, just beyond the village of Rocky Mount Mills, N. C. The sermon is authenticated by Barnum to his autobiography. There are two versions of the Barnum sermon. One is the regular sermon later found in the autobiography. The other version indicates that Barnum preached after the regular sermon had concluded the sermon. Barnum leaves the question to the reader to decide which is the real sermon. It says:

"We cannot violate the laws of God with impunity, and He will not keep back the wages of wickedness. I have made my little in a whole heart, but the whole of my mind and heart is devoted to the service of my master, who has sent me on to Paris."

The Outcast

It came to the notice of a traveling man who had happened into a country store in northern Maine that the crookedest trader around the stove seemed to be decidedly new toward one old man who appeared to be of their clique.

"You don't seem to care much for that fellow's society," remarked the traveling man to one of the traders.

"Nope," was the reply. "We don't like him because he's a low-down, old-time trader, but that ever since 1901."

"You mean of a bargain, eh?" "Nope," said the trader, "he's a low-down, old-time trader, but that ever since 1901."

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WRIGLEY'S NEW HANDY PACK P.K. CHEWING SWEET

A treat in the Peppermint-flavored sugar-coated jacket and another in the Peppermint-flavored gum inside—utmost value in long-lasting delight

3 handy packs 5¢

W. N. U., BOSTON, NO. 40-1926.

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FEELING LO BETTER

Writes Ethel May Snider Used Lydia E. Pinkham Vegetable Compound

Harford City, Ind.—Dork and taking care of a provided in a ch May Snider until taking Pinkham Compound. Over under health to give side view she saw

also advertised in the "Star" papers, she went to drug store of Lydia E. Pinkham Compound. She took it regularly and was greatly benefited and now much better.

Ethel May Snider's experience is similar to that of thousands of women in all walks of life. Her testimonial to the Pinkham Medicine Company is as follows:

Among those who praise the compound are young girls who are unable to attend school—working girls who have strength and endurance as to them, housewives and mothers who find that the compound has enabled them to perform their daily tasks with ease.

Handiest thing in the house

FOR BURNS AND SCALDS

Burns and scalds are treated in the kitchen. "Vaseline" Jelly is the best. It is pure. It is famous for two generations. It is the best. It is the best. It is the best.

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Handiest thing in the house

FOR BURNS AND SCALDS

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THE OXFORD COUNTY CITIZEN

FEELING LOTS BETTER NOW

Writes Ethel May Snider Who Used Lydia E. Pinkham's Vegetable Compound

Hartford City, Ind.—Doing housework and taking care of a sick woman proved to be too much for Ethel May Snider, R. R. 1 of Hartford City, until she started taking Lydia E. Pinkham's Vegetable Compound. Overwork had so undermined her health that she had to give up all outside work, and when she saw this medicine advertised in the "Star" and other papers, she went to drugist and got a bottle of Lydia E. Pinkham's Vegetable Compound. She took it regularly, was greatly benefited and now feels very much better.

Ethel May Snider's experience is similar to that of thousands of other women in all walks of life who have seen testimonials to the Lydia E. Pinkham Medicine Company of Lynn, Mass.

Among those who praise the Compound are young girls who have been enabled to attend school regularly—working girls who have gained strength and endurance so necessary to them, housewives and mothers who have found that the tonic effect of the Compound has enabled them to perform their daily tasks more easily.

Handiest thing in the house
FOR BURNS AND SCALDS
Burns and scalds are inevitable in the kitchen. Keep "Vaseline" Jelly handy. Soothes and heals. Pure. Safe. Famous for two generations. Chasebrough Mfg. Company State St. New York

Vaseline
REG. U. S. PAT. OFF.
PETROLEUM JELLY

Senator's Court Dress
The Smithsonian Institution at Washington has a new addition to its "costume" collection. It consists of a handsome black velvet jacket, white shirt waistcoat and black velvet knee breeches. Black patent leather pumps with silver buckles, black hose and a black trowsers but complete the ensemble, which represents in an imposing glass case and hangs this placard: "Diplomatic costume worn by Henry Cabot Lodge on the occasion of a reception at Buckingham Palace, London, 1905. Presented by the Lodge estate."

Don't Forget Cuticura Talcum
When adding to your toilet requisites. An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may use it as it became one of the Cuticura Talcum (Soap, Ointment and Talcum) for each everywhere.—Advertisement

Lead for Cancer
Out of 227 "hopeless" cases, 20 have had no recurrence of cancer after treatment with lead, according to an Edinburgh hospital authority. Lead salt injections are poisonous, however, and an effort is being made to find a lead colloid that will not have poisonous results. The 20 cases reported had shown no effects of lead poisoning.

Today's Big Offer to All Who Have Stomach Agony

Read About This Generous Money Back Guarantee

When you have any trouble with your stomach such as gas, heaviness and flatulence, try it with things which at least can only give relief. Why not get a medicine that will build up your system, disordered stomach and make it so strong and vigorous that it will do its work without any help.

With a medicine in three months you can get a delightful drink that is sold by every local dealer and druggist everywhere with the distinct understanding that if it doesn't greatly help your stomach you will be gladly refunded. It has helped thousands it will no doubt help you.

DR. STAFFORD'S OLIVE TAR FOR COLDS ASTHMA BRONCHITIS
HALL & RUCKEL, New York

ECZEMA Resinol
Relieve that itching, burning, sore and start the healing with Resinol

U. S. SET TO FIGHT MATERNAL MORTALITY

High Death Rate Speeds Bureau's Plans.

Washington.—A national program for the prevention of maternal mortality and morbidity throughout the United States is outlined by the children's bureau of the United States Department of Labor in a report on maternal mortality.

This report, the work of Dr. Robert Morse Woodbury, formerly director of statistical research for the children's bureau, brings together and analyzes all available material, both American and foreign, on deaths of mothers during childbirth, and is considered one of the most important pieces of recent research in the field of the bureau's work. Children's bureau officials feel that it indicates the necessary emphasis during the coming decade in the effort to reduce deaths among both babies and mothers.

Mortality Rate High.
Maternal mortality rates in the United States are today among the highest in the civilized world, and but a slight decrease in these rates has occurred since the beginning of the present century, Doctor Woodbury's report states. The significance of these facts from a national point of view is found not only in the loss which this means of the lives of women presumably at their prime, but also in the far-reaching effect of maternal mortality on the infant death rate.

A very considerable proportion of all deaths of infants under one year of age, Doctor Woodbury points out, "occurs during the first month of life from causes which have their origin in the care and condition of mothers during pregnancy and confinement. In the United States as a whole it may be estimated that approximately 100,000 deaths of infants under one month of age occur every year. Reduction in the mortality from these causes depends upon improvement and extension of facilities for prenatal, confinement and postnatal care. It may also be estimated that at least 100,000 stillbirths occur each year. The same measures which will safeguard the lives and health of mothers during pregnancy and labor will also tend to reduce the stillbirth and neonatal mortality rates."

Doctor Woodbury estimates the total annual number of maternal deaths in the United States on the basis of 1921 birth-registration area statistics to be 18,251. However, a careful survey of sources of error in certificates of death throughout the area leads him to the conclusion that the true number of maternal deaths is probably as much as 12 per cent in excess of those reported, making an estimated yearly death toll of more than 20,000 women. The maternal mortality rate in 1921 was 0.8 per 1,000 live births. The provisional 1924 rate was 0.6.

Poverty Proves Obstacle.
As with infant mortality also, poverty is found to be an important factor in maternal death rates, these increasing as the husband's earnings fall, probably because of lack of proper facilities and adequate care for the poor mother. Color and nationality are also important factors in maternal mortality. In the birth registration area for 1921 the negro maternal death rate was 67 per cent higher than the white rate. On the other hand the rate for foreign-born white mothers was slightly lower than for native white mothers.

Among the nationalities included in the foreign born white group the rate was lowest for mothers born in Russia, and next to lowest for mothers born in Italy. At the other extreme were the rates for mothers born in Ireland, Great Britain, Canada, Hungary and Germany. The racial statistics represented in the nationalities for which the rates were highest are, it is pointed out, those which principally compose the native white population.

20,000 Persons Lost Yearly in New York
New York. It is almost impossible to be lost or missing for a considerable length of time in New York. Probably in no other city in the world are so many persons reported lost, strayed or stolen. Every day brings, on the average 20 inquiries to the police for missing persons, a total of more than 20,000 a year. Of this number less than half of one per cent are classed as permanently unaccounted for.

Auto Perils Mount
Washington.—The perils of motor-vehicle are mounting. Official statistics are that 3,274 persons already have been killed this year in 61 cities. Norfolk Va. is the safest city and Camden, N. J., the most dangerous, judging by averages.

Foolproof Planes
Philadelphia. Airplanes are going to be foolproof, also so cheap that anybody who can afford an auto can now have one; also the air traffic will be so heavy that there will be airplane police. A few predictions made at a convention of automotive engineers.

STUDIES BIT OF PAPHYRUS 2 YEARS

Said to Be Fragment of the First Bible.

Ann Arbor, Mich.—An ancient scholar, probably the leader of a church, was writer or copyist of the earliest fragment of the text of the Bible known to exist, believes Henry A. Sanders of the classical language department of the University of Michigan.

Doctor Sanders has passed two years working over the bit of browned papyrus, the most cherished item of the large papyrus collection of the University of Michigan.

It is written in the Greek of the common people, says Doctor Sanders, thus distinguishing it from the "deluxe city editions" of the complete Bibles of Antioch, Alexandria and Caesarea, in which the line penmanship of the clerk or copyist was the observed characteristic. It has at the end of each phrase a little mark above the line. This Doctor Sanders constructs to have been for the direction of the readers in the church to show the phrasing. It is the only punctuation observed.

The date of writing of the fragment is placed in the Third century or the century preceding that in which the city editions were copied. The text is a part of Matthew, telling of the last supper and the betrayal of Jesus Christ. It came into the possession of the university two years ago through the activities of its Near-East research organization.



DR. E. C. TANDY
Dr. Elizabeth C. Tandy has been appointed director of the statistical division of the children's bureau, United States Department of Labor. Doctor Tandy is a native of Indiana and holds degrees from the University of Chicago, Columbia university and Johns Hopkins. She also studied medicine at Cornell and the University of Wisconsin. At one time she was first representative for the American Red Cross.

Old Southern Stamps Bring Small Fortune
New York. Rare old stamps of the South are in much demand in New York. A recent stamp issued at Tallahassee, Alabama, in 1868, recently sold for \$250, while a 2-cent stamp issued at Charleston (S. C.) stamp in 1861 brought \$100. The stamps sold \$100 each for Confederate States of America, and a 1-cent stamp issued at Memphis (Tenn.) sold for \$50.

Calls European Pagans Worse Than the African
London. Misogynists to compare the paganism of Europe to that of the paganism of Africa, as they are regarded as being the worst of the world, to be accursed.

\$141,488,000 Spent in U. S. on Cosmetics
Washington. If the American can afford to spend \$141,488,000 on cosmetics, he can afford to spend \$141,488,000 on a healthy complexion. Government statistics show that \$141,488,000 was spent on cosmetics in 1924.

Gets Card Mailed in 1909
Springfield, Mass. A postcard mailed by a friend to Elizabeth C. Tandy, N. Y., on August 9, 1909, has just been received by Mrs. Clara Louise Tandy, of Springfield. She had to pay the increase of 1 cent in the postage fee before she could receive the card.

Most Children Defective
Washington. Ninety million out of the twenty-two million school children of the nation are physically defective in some way, and only four million of these have appreciable defects, the United States children's bureau said in urging physical examinations and good medical care.

COLLAR DISCLOSES MAN'S DOUBLE LIFE

Wife No. 1 Sees Neckwear in No. 2's Window.

Omaha, Neb.—Henry A. Barnits of Omaha maintained a wife and home in Council Bluffs and another one in Omaha and got away with it until one day recently when wife No. 1 happened to see one of her husband's collars swinging in an apartment house window. Now he's in jail.

"That's Henry's collar," Mrs. Barnits No. 1 said to her friend as she pointed to the window on the third floor.

"None," said the friend. "It is too," answered No. 1. "I know Henry's collar. It's black colored and checked collar and he bought that one last week. I'm going to see what it means."

And she did. She found the collar belonged to Mr. Barnits all right. But she found another woman who not only claimed the collar but claimed Mr. Barnits as well. Mrs. Barnits No. 2 had washed the collar and put it in the window to dry.

Barnits' Council Bluffs home is at No. 621 First avenue. His wife there is Mrs. Mary Barnits. His Omaha home is in Apartment 47, No. 816 South Twenty-second street. His Omaha wife, No. 2, is Mrs. Emily Barnits.

"Extra Run" His Plan.
Barnits is a railroad engineer, and it was because of his "runs" that he was able to keep up two establishments. "Have to take out an extra tonight," he would tell one of the wives. But instead of taking out an "extra," Barnits would go over to the other home for the night.

Six years ago Barnits married wife No. 1 and took her to live in Council Bluffs. Nearly a year ago he married No. 2, after several months of courtship, and established their home in Apartment 47, No. 816 South Twenty-second street.

Both women did their shopping in Omaha, but each of them now recalls her husband never would go shopping with her.

"He was a perfect husband and in our six years of married life never said a cross word to me," says No. 1. "He was the best husband that ever lived and I'm going to keep him," says No. 2.

Investigations show that a year ago when Barnits married No. 2 and went on a two-week wedding trip, he told No. 1 he was taking out an extra run all the way to the coast and would be gone two weeks. When he got back from the "extra," he told No. 1 he had been given two weeks off because of the long "extra" and then told No. 2 he had to take out an "extra" to pay for the time he was on the wedding trip.

Collar Proves Undoing.
But the colored collar proved his undoing.

Barnits had a penchant for flaming neckwear—ties as well as collars. Two weeks ago he bought a new collar of periwinkle design. He was living with No. 1 in Council Bluffs at the time. When the collar became soiled No. 1 washed it for him.

Some days later when Barnits started on a "run," he took the collar along with him. When he reached the coast, he went to his rooming house. And the collar was gone.

This time No. 2 washed the collar. The day was warm and she hung it in the window to dry. Then along came No. 1, saw the collar recognized it, investigated and had Barnits arrested on a charge of larceny.

No. 2 has applied to have her marriage with Barnits annulled. She wants No. 1 to secure a divorce and then she and Barnits can marry. That is No. 2's plan.

But No. 1 has a different plan. "I'm going to send him to the penitentiary for the night," she says. "And I'm not going to get a divorce from him and he can't get one from me. He was a perfect husband but I'm not going to stand for this."

"If I just have Barnits that collar," says Barnits, from the cell in the county jail.

Shark Pulls Body From Rescuer's Grasp in Surf
Saville Heights, N. J. The disappointed and distressed body of Charles A. Korte, aged eighteen of Trenton, washed up on the beach strengthened the belief that he was snatched from the arms of a rescuer by sharks.

An uninitiated father who went to the beach to rescue his son, the boy was pulled from the grasp by a large fish. Later to the day persons on the beach saw three sharks.

Gets Card Mailed in 1909
Springfield, Mass. A postcard mailed by a friend to Elizabeth C. Tandy, N. Y., on August 9, 1909, has just been received by Mrs. Clara Louise Tandy, of Springfield. She had to pay the increase of 1 cent in the postage fee before she could receive the card.

Most Children Defective
Washington. Ninety million out of the twenty-two million school children of the nation are physically defective in some way, and only four million of these have appreciable defects, the United States children's bureau said in urging physical examinations and good medical care.

CHILDREN CRY FOR FLETCHER'S CASTORIA



MOTHER:— Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of *Charles H. Fletcher*. Absolutely Harmless—No Opium. Physicians everywhere recommend it.

George Was Good to Her

The bride had but recently returned from her honeymoon and her mother was paying her first call since the wedding.

"Well, daughter," she asked, "is George good to you?"

"Just darling, mother!" exclaimed the wife. "Only yesterday he showed me how to open a can of milk with a nail and a hammer."—American Legion Weekly.

Magazines Popular
Such is the varied demand for magazines in New York that a stand in one of the large subway terminals keeps 500 different publications on its racks. Not all are fiction or popular magazines, however. Many of the publications are trade journals with limited circulation.

Better a close-mouthed friend than a close-listed enemy.

Finds Relief From Torturing Ailments

After Suffering for Months From Indigestion, Sleeplessness and Run-Down Condition, Advertising Man Regains Health and Strength Quickly. Takes Tanlac

W. L. Champagne, 241 Pleasant Street, Worcester, Mass., a well-known man who is highly regarded in business circles, says: "I imagine not being able to eat without being miserable for hours afterward. Not only was I afflicted with gas, but I suffered from biliousness due to a torpid liver. My nerves were affected, also, and I lay awake night after night rolling and tossing. I got up in the morning exhausted and without appetite, knowing that food would disagree with me. I tried Tanlac. And the results amazed me. I began to sleep better, eat with relish and without suffering indigestion pains. I gained weight. Tanlac made me a new man. I now enjoy robust health, sleep like a child, and work all day at high speed without tiring. But I have not stopped taking Tanlac for it is the one remedy for continued good health, for keeping strong. Everyone should take this wonderful tonic."

Tanlac has helped thousands of New England men and women. It is nature's own remedy made from roots, herbs and berries. The first bottle usually brings wonderful relief. Keep up the treatment and you grow stronger, healthier, more robust. Don't neglect your health; begin taking this tonic now. Ask your druggist for Tanlac—today!

One Exception
"Do you believe in spanking children?" we asked.

"Most of the time," replied tip Johnson of Bangor, Maine, "but in the case of my last boy, Robert, not right now. He swam a catfish yesterday."—Bangor City Star.

Oldest Government Worker
Ed Lee Franklin of the age of ninety-five is the oldest worker in the government service. He is a deputy collector of internal revenue at Washington.

Marky, Maybe
It was in the recent rainy spell Billy, one four, came running in to the dinner table from outdoors, and said excitedly to his mother: "Oh, mamma, the clouds are all dirty; I think it's going to rain."

His sword and razor were usually buried with the iron-age warrior in early Europe.

A government geologist believed that volcanic eruptions may be due to pressure of the tides.

Demand
BAYER
ASPIRIN

SAY "BAYER ASPIRIN"—Genuine
Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer Aspirin prescribed by physicians and proved safe by millions over 25 years for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe
Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monmouth, New Jersey.

WAT-FULL PAGE OF 11

Wardwell part of the time.
Several from this way attended the
Ogden Fair last week.
Mr. and Mrs. Lester Walker are mov-
ing their household goods to Highland.
Dean Paulsen is spending some
time at her father's, W. B. Cummings.
Leola Rimball has been working at

There will be a Circle at Hunt's for our Tuesday evening, followed by moving pictures.

Miss Alice Chapman spent the week end at her home in Haverhill.

MIDDLE INTERVALE ROAD
Miss Ethel Capen went to Ithaca, N. Y., the 10th, where she will attend a physical training school.
Herbert Carter, Charles Capen, G. B.

Mrs. J. P. Coalidge spent Thursday afternoon and early night last week

Angela Carter spent Sunday at his home, Charles Capen's.

The Angel of Death

Azrael is the name of the angel who stands guard over the dying and at the moment of death, for which he catches, separates the soul from the body, according to Jewish and Mo-

A

DA

BR.

W



Sept. 2

YOUR OPPORTUNITY
on advantageous terms.

30 years. Wonderful for heat draft control — economical — no extra cost. Hundreds of ular grey porcelain enamel tions for heat control.

LIBERAL

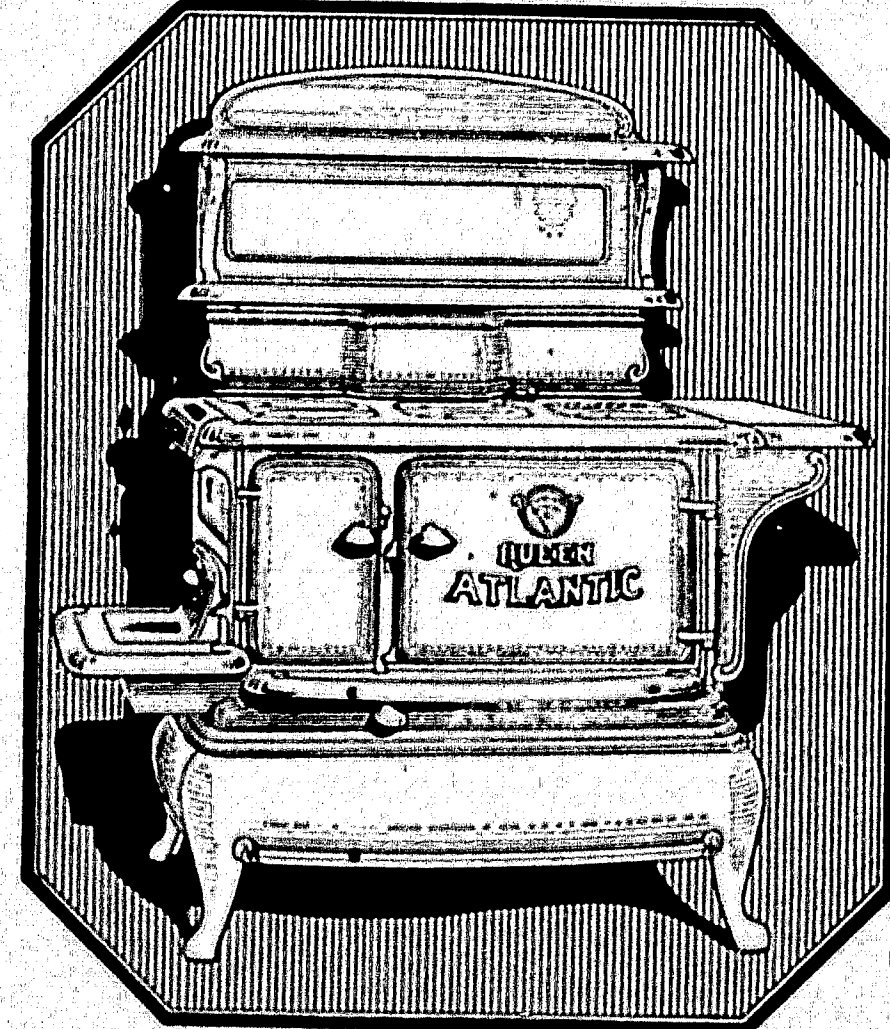
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The religion of
Jesus
is a Power which
lifts humanity to
higher levels

Atlantic RANGE Week



Sept. 27 to Oct. 2

YOUR OPPORTUNITY

to secure one of the famous Maine Made Atlantic Ranges on specially advantageous terms. These ranges have been standard in New England for 50 years. Wonderful for baking and general cooking, quick response and ease of draft control — economical to buy and to operate. Abundance of hot water at no extra cost. Hundreds of styles, beautifully finished in satin black or in the popular grey porcelain enamel, cleaned with a damp cloth — no blacking. Combinations for coal, wood and gas. Compare the Atlantics with any other for complete and long-lived satisfaction. All Atlantic products carry a double guarantee of manufacturer and dealer.

LIBERAL TIME PAYMENT TERMS

Ask for free booklet, "The Secret of Better Baking"

ROVER BROOKS, Bethel
J. B. ROBERTS, Hanover
H. ALTON BACON, Bryant's Pond

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